


Blood Pressure Screening Clinics

APRIL Stress Management

Properly managing stress is an important part of taking care of your health. Stress can lead to many health issues such as high blood pressure, diabetes, obesity, headaches and depression. To learn about healthy ways to manage stress, visit an event with a ☺ next to it. To take the next step towards better health, get your blood pressure checked at any of the locations listed below.



Every Wednesday	Friendship Center, 43 Eagle St., North Adams	9:30am – 11:30am
4/4	Berkshire Athenaeum (main reading room), 1 Wendell Ave., Pittsfield ☺	9:00am – 10:30am
	Soldier On, 360 W. Housatonic St., Pittsfield ☺	11:30am – 12:30pm
	Walmart, 555 Hubbard Ave., Pittsfield ☺	3:00pm-4:00pm
4/5	People's Pantry at St. James Place, 342 Main St., Great Barrington ☺	9:00am-10:30am
	Dalton COA, 40 Field St. ☺	11:00am-1:00pm
4/10	St. Joe's Court, 85 Eagle St., North Adams	9:30am – 10:30am
	Holy Family Terrace, 611 State Rd., North Adams	11:00am -12:00pm
	Wal-Mart, 1415 Curran Hwy, North Adams	12:30pm -2:30pm
	FUMC Community Breakfast , 55 Fenn St., Pittsfield ☺	8:00am-9:00am
4/11	Christian Center, 193 Robbins Ave., Pittsfield ☺	9:00am-10:30am
4/12	Sheffield Senior Center, 91 Main St.	10:00am -11:00am
	New Marlborough Town Hall, 807 Mill River Southfield Rd.	12:30pm – 1:30pm
	Monterey Town Hall, 435 Main Rd.	2:00pm-3:00pm
4/17	Claire Teague Senior Center, 917 Main St., Great Barrington	10:30am-11:30am
4/18	Wellness Wednesday, Pittsfield YMCA, 292 North St. ☺	11:00am-12:00pm
	Williamstown Community Bible Church, 160 Bridges Rd. ☺	12:30pm-1:30pm
4/19	Reigning Love Food Pantry, 235 East St., Pittsfield ☺	10:00am-11:00am
4/21 	Berkshire Community College Wellness Day Paterson Field House, 1350 West St., Pittsfield Be the Match, Bone Marrow Donor Registry Drive	10:00am-2:00pm
4/23	Hinsdale Community Center, 95 Maple St.	9:45am-11:15am
4/24	Lanesborough Town Hall, 83 North Main St.	9:00am - 12:00pm
4/25	South Congregational Church Food Pantry, 110 South St., Pittsfield ☺	8:00am - 10:00am
4/26	Berkshire Food Project, 134 Main St., North Adams ☺	11:30am-1:00pm
	North Adams Housing Authority, High Rise, 150 Ashland St. ☺	2:00pm-3:00pm

All clinics are subject to change.

Please contact Community Outreach to confirm (413) 445-7028 or mboyer@bhs1.org



Berkshire
Visiting
Nurse
Association

The homecare division of Berkshire Medical Center



Berkshire
Health Systems

www.berkshirehealthsystems.org